

## Protocol for Medical Nutrition Therapy (MNT)

Medical Nutrition Therapy (MNT) is individualized dietary instruction which incorporates diet therapy counseling for a nutrition-related problem. This level of specialized instruction is **above** basic nutrition counseling and includes an individualized dietary assessment. The dietary assessment information may be gathered on the form which is located in the Optional Forms section of this Reference.

Medical Nutrition Therapy **must only** be provided by a Registered Dietitian (R.D.) or Certified Nutritionist or a Clinical Nutritionist as defined by Local Health Personnel. Medical Nutrition Therapy may be offered to any person in need (as described below) without regard to income and with regard to managed care plans and options.

Ages/Status	Problem/Condition for Medical Nutrition Therapy
<p>Infants-Adult</p> <p>Infants, Children</p> <p>Pregnant Women</p> <p>Postpartum/Breastfeeding Women</p> <p>All Adults</p>	<p>Weight Management</p> <ul style="list-style-type: none"> <li>• Low birth weight (LBW)</li> <li>• Failure to thrive (FTT)</li> <li>• Obesity <math>\geq 95^{\text{th}}</math> percentile weight for height/length</li> <li>• Underweight = Prepregnancy Body Mass Index (BMI) <math>\leq 19.7</math></li> <li>• Overweight = Prepregnancy BMI <math>\geq 26.1</math></li> <li>• Low maternal weight gain, second or third trimesters, singleton pregnancies <ul style="list-style-type: none"> <li>◆ underweight women who gain <math>&lt; 4</math> pounds/month</li> <li>◆ normal/overweight women who gain <math>&lt; 2</math> lbs./month</li> <li>◆ obese women who gain <math>&lt; 1</math> pound/month</li> </ul> </li> <li>• Weight loss during pregnancy <ul style="list-style-type: none"> <li>◆ any weight loss below pregravid weight during first trimester (0-13 weeks)</li> <li>◆ <math>\geq 2</math> lbs. during second or third trimesters</li> </ul> </li> <li>• High maternal wt. gain, all trimesters, all wt. groups <math>&gt; 7</math> lbs./mo., singleton pregnancy</li> <li>• Underweight = Current Body Mass Index (BMI) <math>\leq 19.7</math></li> <li>• Overweight = Current BMI <math>\geq 26.1</math></li> <li>• High maternal weight gain last pregnancy <ul style="list-style-type: none"> <li>◆ Underweight PPW &amp; gained <math>&gt; 40</math> pounds</li> <li>◆ Normal weight PPW &amp; gained <math>&gt; 35</math> pounds</li> <li>◆ Overweight PPW &amp; gained <math>&gt; 25</math> pounds</li> <li>◆ Obese PPW &amp; gained <math>&gt; 15</math> pounds</li> </ul> </li> <li>• Unexplained weight loss</li> <li>• Any patient requesting weight loss</li> <li>• Underweight = Body Mass Index (BMI) <math>\leq 19.7</math></li> <li>• Overweight = Body Mass Index (BMI) <math>\geq 26.1</math></li> </ul>
<p>All Adolescent</p> <p>Adult</p>	<p>Hyperlipidemia</p> <ul style="list-style-type: none"> <li>• Total cholesterol <math>\geq 200</math> mg/dl</li> <li>• LDL <math>\geq 130</math> mg/dl</li> <li>• Total cholesterol <math>\geq 240</math> mg/dl</li> <li>• HDL <math>\leq 35</math> mg/dl</li> <li>• LDL <math>\geq 160</math> mg/dl</li> <li>• TG <math>\geq 400</math> mg/dl</li> </ul>

Reference: "Medical Nutrition Therapy Across the Continuum of Care", Morrison Health Care, Inc. and The American Dietetic Association, 1996.

"Medical Nutrition Therapy Across the Continuum of Care", Morrison Health Care, Inc. and The American Dietetic Association, Supplement 1, 1997.

Ages	Problem/Condition for Medical Nutrition Therapy		
All	Elevated Blood Lead		
Pregnant Women	<div>At Risk for Poor Pregnancy Outcome</div> <div>Determine if during <b>this pregnancy</b>:</div> <div><div><div>• Hyperemesis Gravidarum</div><div>• Gestational Diabetes</div></div><div><div>• Age <math>\leq 17</math> at conception</div><div>• Prenatal care beginning after the 13<sup>th</sup> week</div></div><div><div>• Multiple fetus</div><div>• Prenatal care based on the following index:</div></div><div><div><div>• Fetal Growth Restriction</div><div># weeks gest.</div><div># prenatal visits</div></div><div><div>• Breastfeeding woman now pregnant</div><div>14-21</div><div>0 or unknown</div></div><div><div>• Age &lt; 20 at conception with 3 or more previous pregnancies <math>\geq 20</math> weeks duration</div><div>22-29</div><div>1 or less</div></div><div><div>• Conception before 16 months postpartum</div><div>30-31</div><div>2 or less</div></div><div><div></div><div>32-33</div><div>3 or less</div></div><div><div></div><div><math>\geq 34</math></div><div>4 or less</div></div></div><div>Determine if during <b>any pregnancy</b>:</div><div><div>• History of:</div><div><div>◆ Gestational Diabetes</div><div>◆ Prematurity (<math>\leq 37</math> weeks gestation)</div><div>◆ LBW infant (<math>\leq 5</math> pounds 8 ounces/2500 grams)</div><div>◆ Fetal death (death at <math>\geq 20</math> weeks gestation)</div><div>◆ Neonatal death (death within first 28 days of life)</div><div>◆ Infant/child with congenital or birth defect</div><div>◆ Large for Gestational Age (LGA) – birthweight <math>\geq 9</math> pounds/4000 grams</div></div></div></div>		
Postpartum/Breastfeeding Women	<div>At Risk During Last Pregnancy</div> <div><div>• Gestational Diabetes</div></div>		
All	<div>Nutrition/Metabolic Conditions</div> <div><div>• Nutrient Deficiency Diseases</div><div>• Gastro-Intestinal Disorders</div><div>• Glucose Disorders</div><div>• Thyroid Disorders</div><div>• Hypertension</div><div>• Renal Disease</div><div>• Cancer/treatment for cancer</div><div>• Central Nervous System Disorders</div><div>• Genetic/Congenital Disorders</div><div>• Inborn Errors of Metabolism</div><div>• Infectious Diseases (present in last 6 months)</div><div>• Food Allergies</div><div>• Celiac Disease</div><div>• Lactose Intolerance</div><div>• Drug/Nutrient Interactions</div><div>• Recent Major Surgery, Trauma, Burns</div><div>• Other Medical Conditions</div></div>		
Infants	<div>Nutrition/Metabolic Conditions</div> <div><div>• Pyloric Stenosis</div><div>• Baby Bottle Tooth Decay</div></div>		
Pregnant/Postpartum/Breastfeeding Women, Child	<div>Complications which Impair Nutrition</div> <div><div>• Delays/disorders that impair chewing/swallowing/require tube feeding</div></div>		
Pregnant/Postpartum/Breastfeeding Women Adolescents/Children	<div>Eating Disorders</div>		